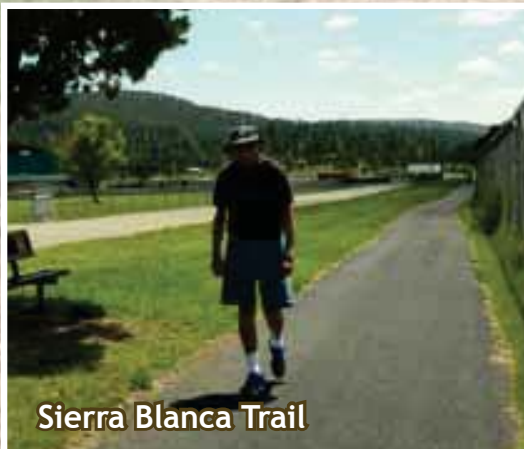




Cedar Creek Fitness Trail



Carrizo Path

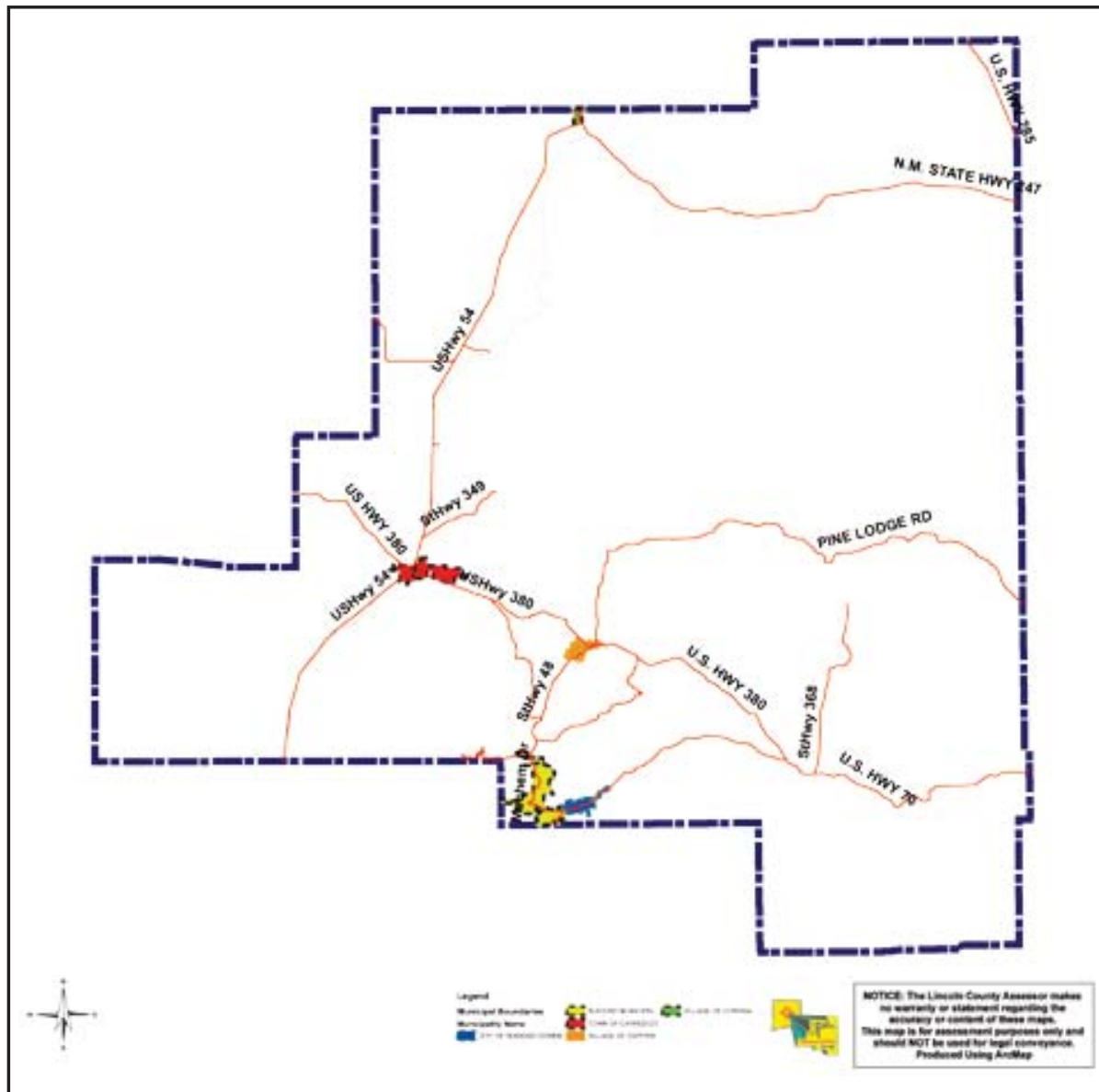


Sierra Blanca Trail

prescriptiontrailsnm.org

*Lincoln County
and Mescalero
Prescription Trails
Program*

WALKING TRAILS GUIDE



Lincoln County and Mescalero Walking Trail Locations

**This map will help you find
paths near your home, work or school.**

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The Lincoln County and Mescalero Prescription Trails Program is designed to give all health care professionals tools to increase walking and wheelchair rolling on suggested routes, targeting and promoting healthy lifestyles for families in our county.

This guide will help you find some of the best parks, trails and walking areas in Ruidoso, Ruidoso Downs, Alto, Capitan, Carrizozo and Mescalero.



Thank you to the Lincoln County Medical Center for initiating the Prescription Trails project in Lincoln County.

How to Use this Guide

Maps with information about each walking route are organized by community. Maps within each community are then organized alphabetically, using the name of the public park or trail.

Grades

Trails are identified and graded according to their level of difficulty. Many trails are loops that go around a park.

Grade 1 = Fully accessible to all users.

A flat, paved pathway located in or around a park that is suitable for wheelchairs.

Grade 2 = Mostly accessible.

A paved or packed crusher fine pathway that may have minor grade changes.

Grade 3 = Slightly challenging.

A paved, packed crusher fine or dirt pathway with variations in grade.

Grade 3++ = Challenging.

A paved, packed crusher fine or dirt pathway with strong variations in grade and or unstable surfaces. Not for the beginner.

It's never too late to get up and get moving!

How much activity should you get? The 2008 Physical Activity Guidelines for Americans say most adults should be physically active on a moderately intensive level for 2 hours and 30 minutes per week. Children should be physically active for at least one hour each day. Breaking up exercise into 10 to 15 minute segments works well!

Other Information Provided

- Walking route length in fractions of a mile and number of footsteps (*actual steps may vary depending on individual*)
- Amenities, lighting and access to public restrooms
- Attractions, including wheelchair accessibility, dog friendliness, and child safety
- Information on other neighborhood walking areas, parks and green spaces and dog park located in Lincoln County

***Visit the Prescription Trails website at
www.prescriptiontrails.org***

(currently under construction, but available soon!)

***Print and share your favorite walking trails in Lincoln
County and other New Mexico Prescriptions Trails
communities!***



Pedestrian Safety Considerations

Walking is a great way to improve your fitness level and stay healthy. Before you start your walk, please make sure you review the following safety tips:

- Walk with a buddy - it not only makes the walk more enjoyable, but there is also safety in numbers.
- Always tell someone where you are going and what time you expect to return from walking.
- Wear bright colors or reflective clothing while walking to make it easier for cars to spot you.
- Carry water and a cell phone with you while you walk.
- Be aware of your surroundings. If you walk while listening to music make sure to adjust the volume so you can still hear noises such as traffic, dogs barking and bike traffic. Look for cracks in the pavement, wildlife and other hazards along your path.
- Always walk facing oncoming traffic if you are walking by a roadway.
- Vary your walking route.
- Walk during daylight hours.
- During the summer months, walk early in the morning or in the evening to avoid the extreme mid-day heat.
- If you are afraid of stray pets or the occasional wildlife in our area, try mall walking. These self-contained walking routes are ideal locations to get out and move!

The basic things we were taught when we were youngsters still apply: before crossing the street – stop at the curb – then look left-right-left for traffic in all directions – cross when clear! Keep looking for vehicles as you cross!

Walking Tips

Before You Start:

- If you have a medical condition, have had a recent injury or have not been physically active in recent years, it is a good idea to check first with your doctor before beginning a walking program.
- Invest in good some walking shoes. Quality walking shoes will help protect your feet.
- Wear comfortable clothing.
- Take the time to use the first and last several minutes of your walk to warm up and cool down by walking at a slower pace. Stretching before you exercise is always a good idea because it warms up your muscles.
- Invest in a pedometer. Using a pedometer is a great way to track your steps and monitor your progress.

As You Walk:

- Start slow and begin at a gradual pace.
- Roll your weight forward from heel to toe.
- To burn more fat, swing your arms as you go.
- To burn more calories, take quicker steps.
- Find a walking partner and challenge each other.
- Monitor your level of fatigue, heart rate and breathing.
- Walk at a pace that is comfortable for you.
- Hydrate; bring water to drink during your walking.
- Exercise smartly: pace yourself and choose an activity that you enjoy, increase your exercise program gradually, and pay attention to your body.
- Set realistic goals for yourself. Start with getting up and going out to walk - even for a few minutes, you have started on your way to better health.
- Foot health and walking information can be obtained from the American Podiatric Medical Association (**1-800-FOOTCARE or www.APMA.org**).

Walking With Your Pet

Our pets also need daily physical activity to stay healthy and should be active at least 20 minutes three times a day. They also can experience health concerns such as being overweight, heart disease, diabetes, cancer and joint ailments. We have a responsibility to our pets to provide them with a healthy lifestyle. They can make the best walking buddy because they never turn you down, no matter the weather or time of day. By starting a walking routine with your pet, you will find that you have a very enthusiastic and grateful companion.

Here are some simple tips to walk your dog safely:

- Adjust your dog's collar to where they can't slip their head through and slip two fingers to assure it's not too tight.
- Put your hand through the leash hand and wrap it around your hand for a better grip. Use a harness if your dog likes to pull. Harnesses allow for a better grip and more control. Also, the pressure is distributed more evenly when you pull so you aren't stressing the neck area.
- Make sure to bring water along for your dog and shorter and more frequent walks are better for older dogs and those with health issues such as arthritis.
- Remember when walking your dog they are pedestrians too!
- Leave your dog on leash when walking out in public. Check out the Ruidoso Dog Park where they can be off their leash and have the opportunity to socialize.
- **Be a responsible pet owner:** Clean up after your pet!

Great things begin with a few small steps.

Cedar Creek Fitness Trail

This trail, which is popular with the locals, includes a tranquil environment rich with trees and nature. Dogs and bikes are not allowed on this trail.

Trail Distance: 2 loops - **.25 mile:** 528 steps

1.3 miles: 2,746 steps

Difficulty: Grade 2 and 3, respectively

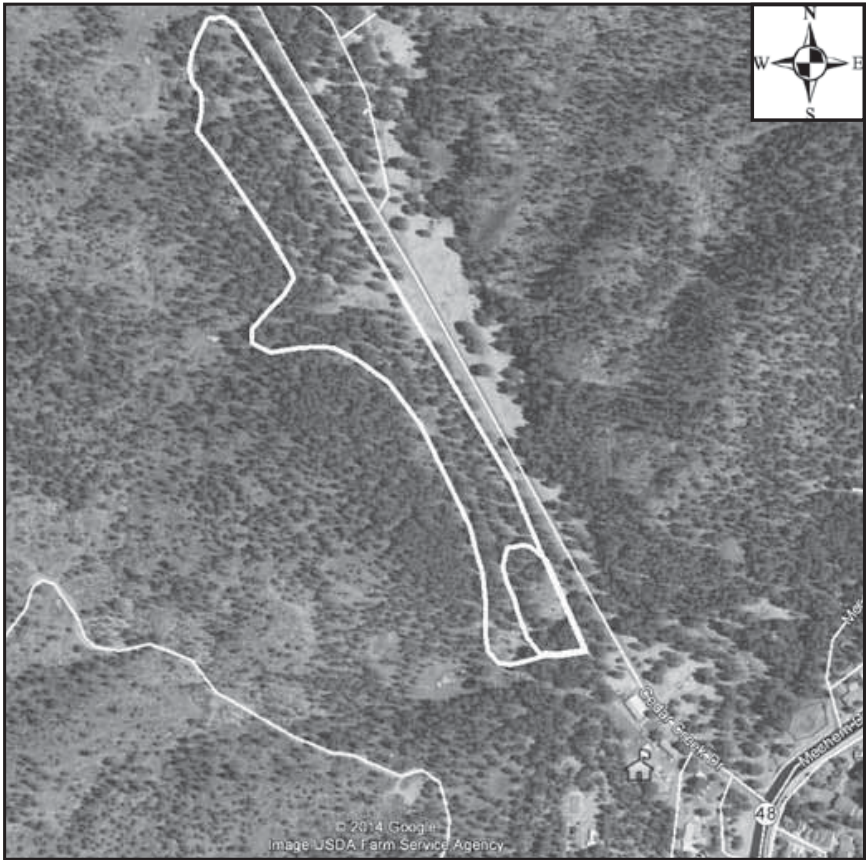
Trail Surface: 5-foot wide crusher fine

Hours: Dawn to dusk

Lighting: No

Attractions: Park benches around loops; shorter trail includes exercise stations with instructions; longer trail has alternate entrance up the road near picnic area





Nearby Major Cross Streets:

Mechem and Cedar
Creek

**Public Facilities
and Amenities:**

Smokey Bear Ranger
Station, Cedar Creek
Picnic Area

Parking:

Available behind
Smokey Bear Ranger
Station



Grindstone Lake

This trail was developed in 2009 and includes narrow and challenging sections. No shorter loops are available and experienced walkers are required due to steep areas and tripping hazards.

Trail Distance: 6-mile loop

Steps: 12,672

Difficulty: Grade 3++

Trail Surface: 2-foot wide packed/natural dirt

Hours: Dawn to dusk

Lighting: No

Attractions: Natural, challenging cross-country hiking trail; plenty of water required and GPS advised; dog friendly on leash





Nearby Major Cross Streets:

Grindstone Canyon Rd.
to Resort Dr. - follow
signs to Grindstone
Lake

**Public Facilities
and Amenities:**

Restrooms available in
lower level parking lot

Parking:

Two lots: lower level
lot has handicapped
parking designated
Note: no specific
wheelchair access to
trail



Ruidoso High School Track

Quarter mile loop around Ruidoso High School practice field.

Trail Distance: .25 mile loop

Steps: 528

Difficulty: Grade 1

Trail Surface: Rubberized track

Hours: Non-school hours only (per school discretion)

Lighting: No

Attractions: Fenced in track; field in middle of track for playing; bleachers





Ruidoso

Nearby Major Cross Streets:

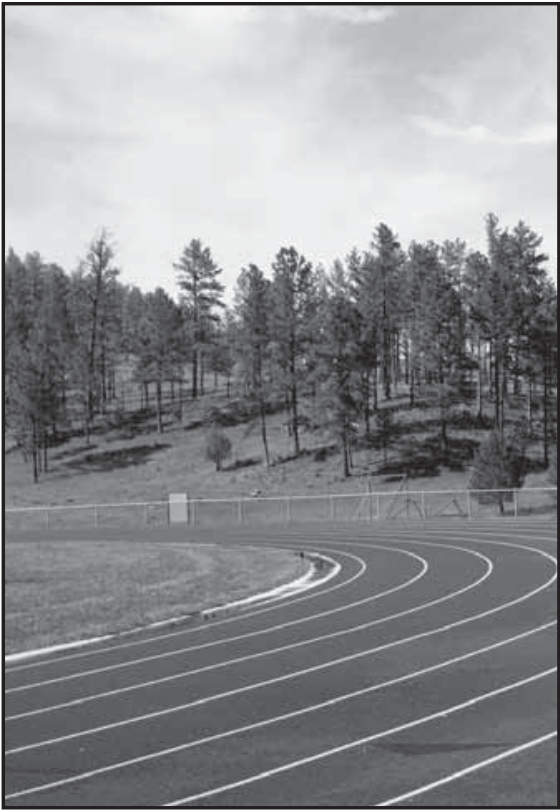
Gavilan Canyon Rd.
and Warrior Dr.

**Public Facilities
and Amenities:**

Ruidoso High School

Parking:

At high school;
handicapped parking
available



— — — — — **Ruidoso High School Track**

Ruidoso River Trail

Ruidoso's newest trail offers scenery, Rio Ruidoso River, benches, picnic tables and a playground.

Trail Distance: .63 mile

Steps: 1.330

Difficulty: Grade 1

Trail Surface: 6-foot wide asphalt

Hours: Dawn to dusk

Lighting: No

Attractions: Children's playground, multiple benches, barbecue grills, picnic tables; bikes and dogs on leash welcome, art sculptures along trail





Ruidoso

Nearby Major Cross Streets:

Sudderth and Robin Rd.

Public Facilities and Amenities:

Chamber of Commerce;
Two Rivers Park
offers restrooms; four
pavilions for group
gatherings

Parking:

Lot at adjacent
Chamber of
Commerce and Two
Rivers Park playground



Ruidoso River Trail

Sierra Blanca Trail (at the Links)

This trail is located around the Links Golf Course and is fairly level with minor climbs.

Loop 1

Trail Distance: 1 mile:

Steps: 2,112 (east side)

Loop 2

Trail Distance: 1.5 miles

Steps: 3,168 (west side, cuts through golf course parking lot, heads south)

Loop 3

Trail Distance: 3.2 miles

Steps: 7,392 (full perimeter, includes Hull Rd. portion)

Difficulty: Grade 2

Trail Surface: 6- to 8-foot wide asphalt

Hours: Dawn to dusk

Lighting: No

Attractions: Children's playground; bikes and dogs on leash welcome; White Mountain Sports Complex nearby (restrooms, football and baseball fields)

Note: Portion of the trail is along direct traffic with insufficient barrier between walkers and road. Proceed with caution.





Ruidoso

Nearby Major Cross Streets:

White Mountain Dr.,
Mechem and Sierra
Blanca Dr.

**Public Facilities
and Amenities:**

Post office, Village Hall,
White Mountain Sports
Complex, dog park,
Ruidoso Public Library

Parking:

At Village Hall, corner
of Cree Meadows Dr.
and Kansas City Rd.;
parking also available
at sports complex off
Hull Rd. and Ovella
Estes Way



— — — — — **Sierra Blanca Trail (at the Links)**

Wingfield Park

This trail is located one block from Midtown Ruidoso and features a short, easy walk with gentle climbs.

Trail Distance: Figure 8 loop - .6 mile

Steps: 1,267

Difficulty: Grade 2

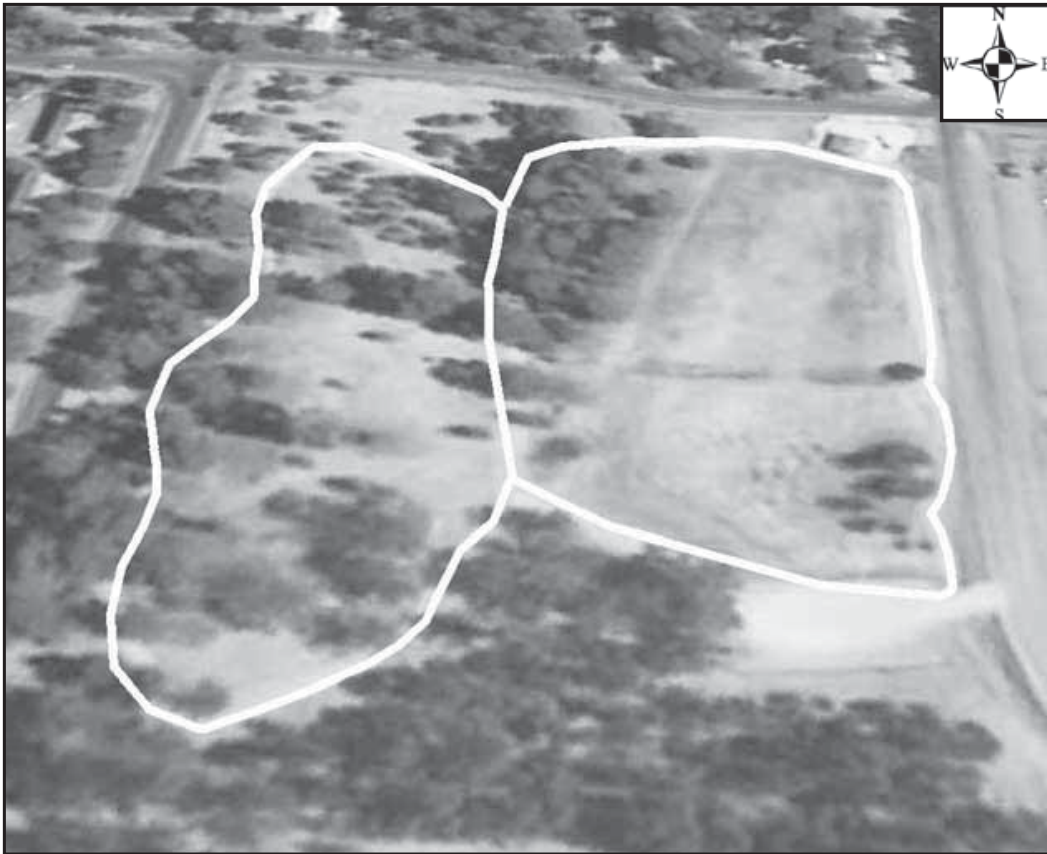
Trail Surface: 4- to 5-foot wide crusher fine

Hours: Dawn to dusk

Lighting: No

Attractions: Large open field in middle of loops;
bikes and dogs on leash welcome;
restrooms available in parking lot
until 7 p.m.





Ruidoso

Nearby Major Cross Streets:

Wingfield St. and
Center St.

**Public Facilities
and Amenities:**

Court house nearby;
within walking
distance of hotels,
restaurants, shopping

Parking:

Corner of Wingfield
St. and Center St.;
handicapped parking
available; extra
parking at southeast
corner of park



Wingfield Park

All American Park

This short trail loops around baseball fields, playground, basketball courts and Senior Citizens Center.

Trail Distance: .3 mile loop

Steps: 634

Difficulty: Grade 1

Trail Surface: 7-foot wide asphalt

Hours: 7 a.m. - 9 p.m.

Lighting: No

Attractions: Baseball fields, playground, small bike pump track, basketball courts, skate park, grill and picnic areas, shade structures in park area adjacent; dog friendly on leash



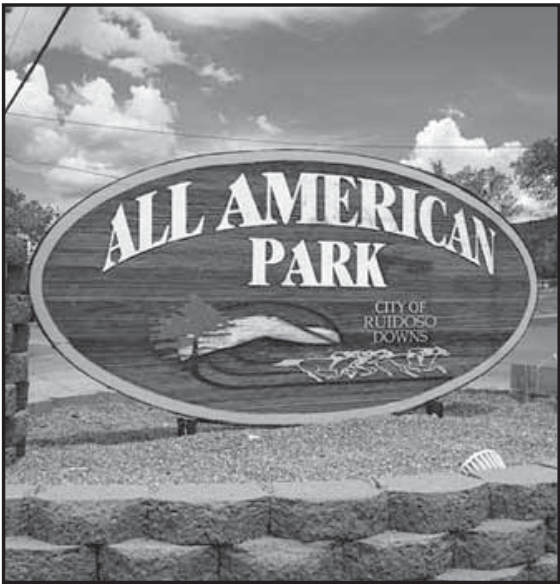


Ruidoso Downs

Nearby Major Cross Streets:
 U.S. 70 West and
 All American Dr.

Public Facilities and Amenities:
 Senior center with
 restrooms within park;
 police and fire stations,
 post office across the
 street

Parking:
 Available in Senior
 Citizens Center
 parking lot



Alto Lake Trail

This trail loops Alto Lake Reservoir and offers the opportunity to view wildlife.

Trail Distance: .7 mile loop around reservoir (through grassy area)

Steps: 1,478

Difficulty: Grade 2

Trail Surface: 8-foot wide natural dirt

Hours: Dawn to dusk

Lighting: No

Attractions: Trail along reservoir; benches on south side; dog friendly on leash





Alto

Nearby Major Cross Streets:

U.S. Highway 48
to Alto - turn right
toward reservoir

**Public Facilities
and Amenities:**

Nearby businesses:
La Sierra Restaurant,
Tree House cafe

Parking:

Along dirt road



— — — — — Alto Lake Trail

Capitan High School Track

Quarter mile loop around Capitan High School practice field.

Trail Distance: .25 mile loop

Steps: 528

Difficulty: Grade 1

Trail Surface: Rubberized track

Hours: Non-school hours only
(per school discretion)

Lighting: No

Attractions: Stadium bleachers, playground
adjoining track and basketball courts





Capitan

Nearby Major Cross Streets:

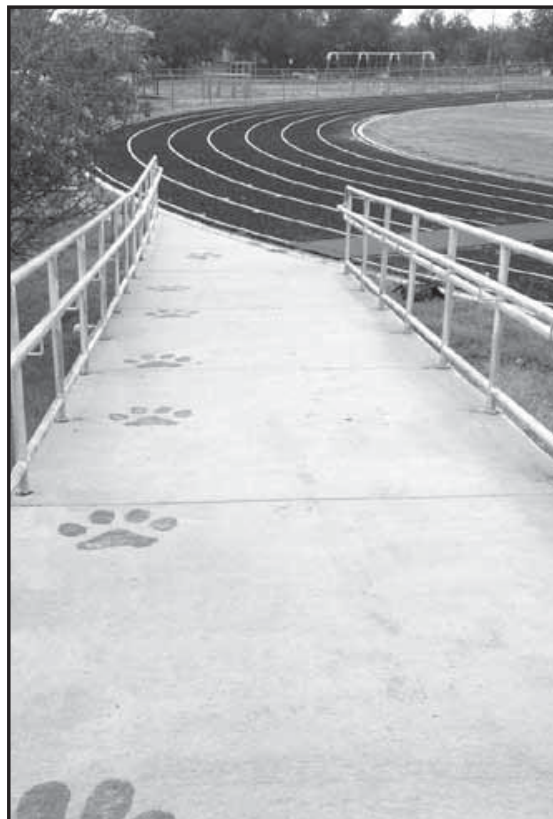
Between N.M.
Highway 48 and
Highway 380

Public Facilities and Amenities:

None available

Parking:

Available in school
parking lot



Capitan High School Track

Capitan Multipurpose Trail

This trail provides an opportunity to walk and take in the scenic vistas Capitan has to offer.

Trail Distance: 2.64 miles

Steps: 5,576

Difficulty: Grade 3

Trail Surface: 4-foot wide coarse gravel

Hours: Dawn to dusk

Lighting: No

Attractions: Designed for foot traffic, bicycles and horses





Capitan

Nearby Major Cross Streets:
N.M. Highway 48

**Public Facilities
and Amenities:**
None available

Parking:
At senior center north
of the east end of path



Capitan Multipurpose Trail

Carrizozo Golf Course Path @ Valle del Sol

This trail winds through Carrizozo's municipal golf course. It is visible and well maintained.

Trail Distance: 2.25 mile loop

Steps: 4,752

Difficulty: Grade 1

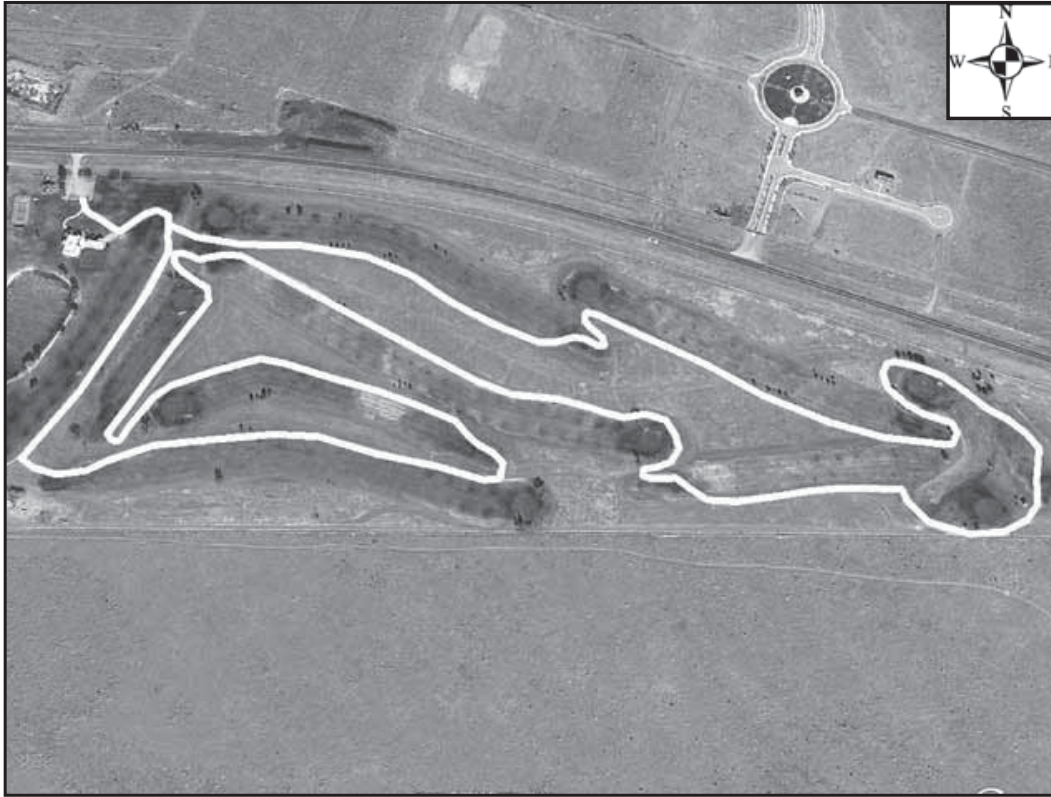
Trail Surface: 6- to 7-foot wide asphalt

Hours: Dawn to dusk

Lighting: No

Attractions: Along golf course, benches along path baseball field, tennis courts nearby, dog friendly on leash



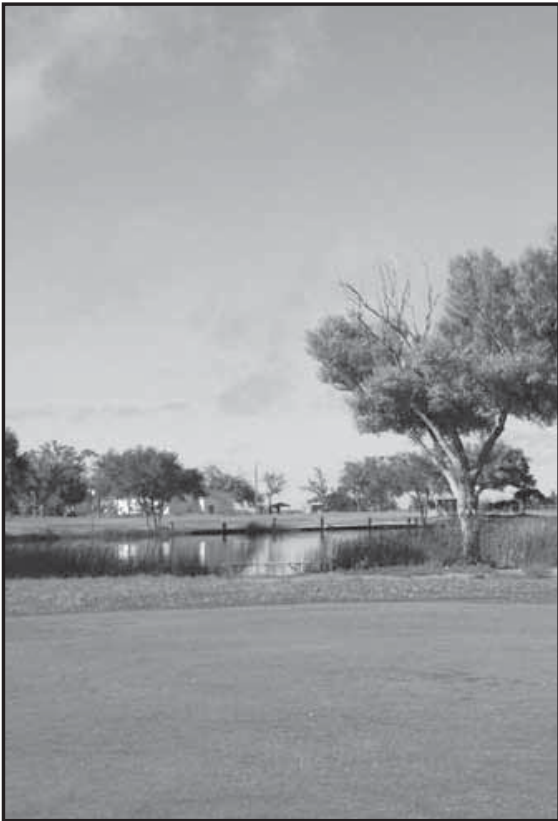


Carrizozo

Nearby Major Cross Streets:
Off Highway 380
just east of Carrizozo

**Public Facilities
and Amenities:**
Restrooms, golf course
along path

Parking:
Dirt lot



Carrizozo High School Track

Quarter mile loop around Carrizozo High School practice field.

Trail Distance: .25 mile track

Steps: 528

Difficulty: Grade 1

Trail Surface: Rubberized track

Hours: Non-school hours only (per school discretion)

Lighting: No

Attractions: Field in middle of track open space for playing, bleachers





Carrizozo

Nearby Major Cross Streets:
10th St. and B Ave.

Public Facilities and Amenities:
None available

Parking:
School parking lot at southeast corner of track



— — — — — Carrizozo High School Track

Carrizo Path

This is Mescalero's newest path available to all and is located at the west end of the Inn of the Mountain Gods Resort and Casino. This trail does not loop around (one way) and has many switch backs not depicted on map.

Trail Distance: 3.1 miles one way

Steps: 6,547

Difficulty: Grade 3+ + (max. grade of path is 13.7%; most of the path is below 6%)

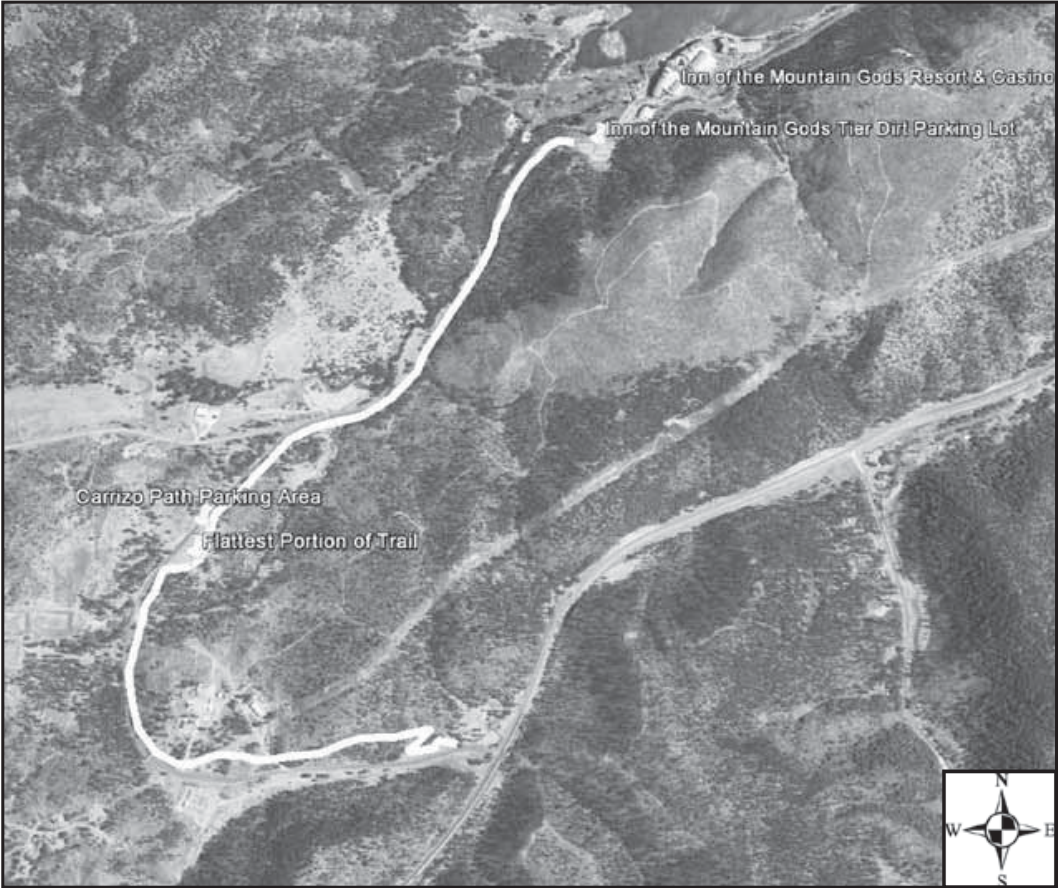
Trail Surface: 4- to 6-foot wide asphalt

Hours: Dawn to dusk

Lighting: No

Attractions: Overlooks casino and mountain lake at east end; stretching station at both ends; stations with exercise equipment along trail





Nearby Major Cross Streets:

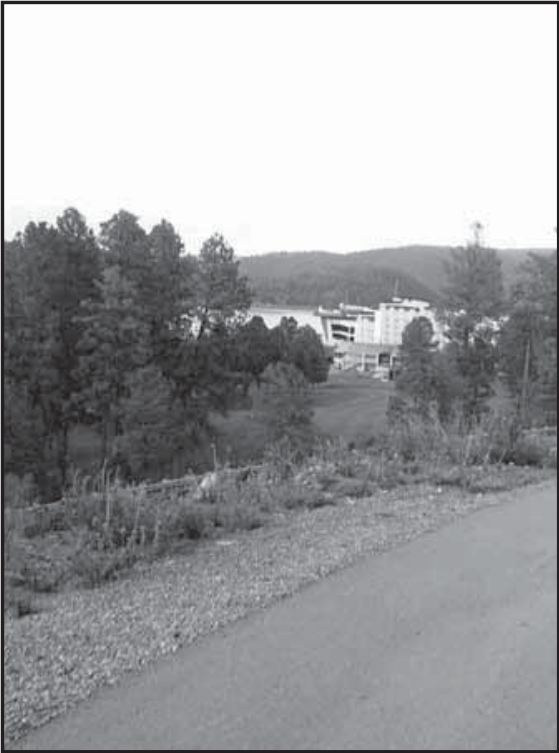
Highway 70 and
Carizo Canyon Rd.

**Public Facilities and
Amenities:**

Stretching and fitness
stations along trail

Parking:

Tiered lot across from
west end of Inn of the
Mountain Gods Resort
and Casino; parking
also available along
trail



Mescalero Community Center Track

This track is used by the Mescalero community for fitness and exercise.

Trail Distance: .25 mile

Steps: 528

Difficulty: Grade 1

Trail Surface: 6-foot wide asphalt track

Hours: Dawn to dusk

Lighting: No

Attractions: Field in middle of track for playing,
bleachers





Mescalero

Nearby Major Cross Streets:

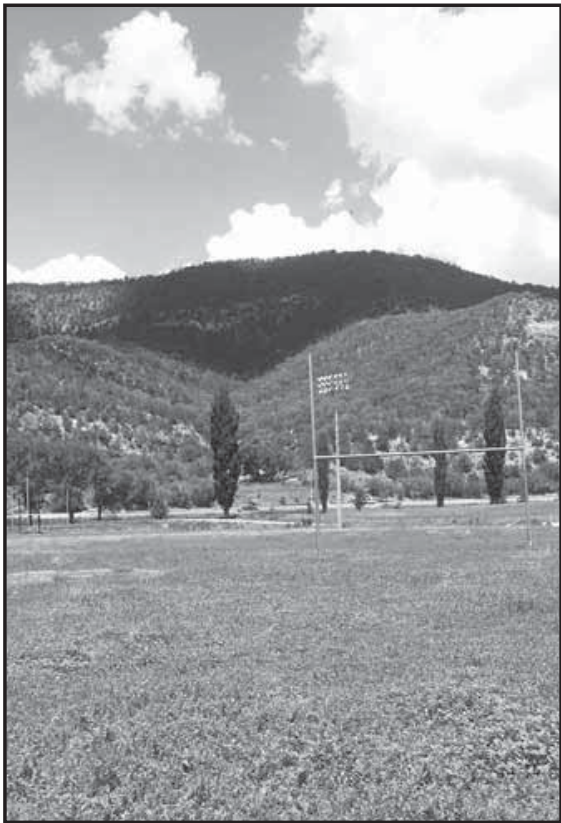
Highway 70 and
Cottonwood Dr.

Public Facilities and Amenities:

Mescalero
Empowerment Center,
Mescalero Community
Center - restrooms
available

Parking:

Available west side
of track



Prescription Trails Partners

Lincoln National Forest Service: fs.fed.us

New Mexico Department of Health: nmhealth.org

New Mexico Health Care Takes On Diabetes: nmtod.org

New Mexico Prescription Trails Program: prescriptiontrailsnm.org

Ruidoso Valley Chamber of Commerce: ruidosonow.com

Lincoln County Medical Center: phs.org/ruidoso

Otero County Community Health Council:
oterocommunityhealthcouncil.org

National Park Service: nps.gov

Prescription Trails Steering Committee Members

Aimee Bennett – New Mexico Department of Health-
Lincoln County Public Health/Health Promotion

Brad Treptow – Lincoln County Medical Center

Attila Bality – National Park Service

Charm Lindblad – New Mexico Takes On Diabetes

Rodney Griego – Village of Ruidoso Parks & Recreation

Jeffrey Aday, Manuel Rojo and Victor Salgado – University
of New Mexico Medical Students

Shannon Dictson – Lincoln County Community Health
Council Chair

Eric Turbeville – United States Forest Service

Special thanks to:

- *Raymond Zamora*
- *MTD Radio*
- Becky Brooks – Ruidoso Valley Chamber of Commerce



"Walking is man's best medicine."

Hippocrates

"Crazy Quilt" by Gordon Snidow - Public Art at Ruidoso River Trail

"Of all exercises walking is the best."

Thomas Jefferson



To view the Lincoln County and Mescalero trails online, scan here:



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